

Anti-Inflammatory Lifestyle Checklist

**This printable checklist includes daily habits across
nutrition, sleep, movement, and stress care. Use it as a daily
reminder on your fridge or desk.**

Anti-Inflammatory Lifestyle Checklist

Nutrition

- ☐ Eat at least 5 servings of vegetables and fruits
- ☐ Include omega-3 rich foods (salmon, chia, flax)
- ☐ Use extra virgin olive oil as main fat
- ☐ Add fermented food (yogurt, sauerkraut, kimchi)
- ☐ Limit added sugar and processed snacks

Movement

- ☐ Take a 20-30 min walk
- ☐ Stretch or practice yoga for 10 min
- ☐ Do light strength or resistance exercise
- ☐ Stand up and move every hour

Sleep

- ☐ Aim for 7-8 hours of sleep
- ☐ Stick to a consistent bedtime
- ☐ Turn off screens 1 hour before bed
- ☐ Keep bedroom cool and dark

Stress Care

- ☐ Take 5-10 minutes to breathe deeply or meditate
- ☐ Write down 3 things you are grateful for
- ☐ Spend time in nature or sunlight
- ☐ Limit multitasking and say no when needed

Oral Health

- ☐ Brush and floss daily
- ☐ Rinse with a natural mouthwash
- ☐ Reduce sugary foods and drinks

3-Day Anti-Inflammatory Lifestyle Example

Day 1

Morning: Warm water with lemon, 20 min walk, blueberry oatmeal with flax

Daytime: Salmon salad, 10 min stretch, green tea

Evening: Quinoa and veggies, journaling, 8 hours sleep

Day 2

Morning: Herbal tea, 10 min yoga, avocado toast

Daytime: Lentil soup, leafy greens, short walk

Evening: Grilled chicken, steamed broccoli, deep breathing before bed

Day 3

Morning: Smoothie with spinach and berries, sunlight exposure

Daytime: Chickpea salad, meditation break, green tea

Evening: Baked salmon, roasted sweet potatoes, chamomile tea